



INDANA

International Network for
Diet and Nutrition in Allergy

INDANA Workshop – Managing the Complexities of the Food Protein Induced Enterocolitis Syndrome (FPIES)

Diet

Moderator - Lynn Christie, MS, RD

Speakers – Kate Grimshaw, PhD, RD

Carina Venter, PhD, RD

The main focus of this workshop is to provide the attendees with practical information to aid them in their management of infants with FPIES.

After attending the workshop attendees will be able to

1. List foods commonly associated with FPIES
2. Explain the typical feeding progression in infancy and how to provide appropriate foods to promote feeding skill development with a very limited diet
3. Identify specific nutritional risks associated with a limited solid food diet in infancy and how to prevent/correct deficiencies in these diets

The session will take the following format

- Brief introduction to FPIES including which foods it is commonly associated with (10 mins)
- Explanation of feeding progression for infants with FPIES including discussion on appropriate textures to aid feeding skill development (15 mins)
- How to identify possible nutritional deficiencies in the diet and strategies to remedy/prevent these (20 mins)
- Q & A with case study discussion as required to demonstrate how to use available resources and also when referral for specialist dietetic intervention is required (30 mins)

Background Reading

Leonard S and Nowak-Wegrzyn A (2012) Clinical diagnosis and management of food protein-induced enterocolitis syndrome Clin Opin Pediatr Vol 24(6);739-745

Nowak-Wegrzyn A and Muraro A (2009) Food Protein-Induced Enterocolitis Syndrome. Curr Opin Allergy Clin Immunol 9(4); 371-7